

RIGHT HEEL FORWARD, HOLD, BACK, HOLD, FORWARD, BACK, FORWARD, BACK

- 1 Place right heel forward
- 2 Hold
- 3 Place right toe back
- 4 Hold
- 5 Place right heel forward
- 6 Right toe back
- 7 Place right heel forward
- 8 Bring right foot next to left

BEND KNEES TWICE, SHUFFLE, KICK, 1/2 TURN HOP, BACK SHUFFLE

- 9 - 10 Bend at knees with feet together twice
- 11 & 12 Step forward left, bring right to left, step forward left
- 13 Kick right foot forward
- 14 1/2 turn left by hopping onto right foot
- 15 & 16 Step back left, bring right to left, step back left
- & Bring right foot next to left

BEND KNEES TWICE, HEEL, TOES, HEELS RIGHT, JUMP OUT, CROSS, UNWIND

- 17 - 18 Bend at knees with feet together twice
- 19 - 21 Move both heels to the right, then toes, then heels
- 22 Jump both feet out shoulder width apart
- 23 Cross right over left
- 24 Unwind to the left
- & Bring right foot next to left

BEND KNEES TWICE, WALK FORWARD, CROSS, UNWIND 3/4, BUMP HIPS

- 25 - 26 Bend at knees with feet together twice
- 27 Walk forward right
- 28 Walk forward left
- 29 Cross right over left
- 30 Unwind with a 3/4 turn to left
- & Bring right foot next to left
- 31 Bump hips right
- 32 Bump hips left

/During the knee bend on counts 9-10, 17-18 and 25-26, the 'Full Monty' version can be substituted (the scene in the job center when they start dancing). During the 3/4 turn on count 30 the right finger should also be in the air.

REPEAT